

PRAKRITI SHAKTI

CLINIC OF NATURAL MEDICINE by CGH EARTH

When nature is the healer, your healing starts from within and touches the physical, mental and spiritual planes of well-being. This holistic approach brings about cure in its true sense. The kind of healing where your body and mind are both repaired & rejuvenated, where the root cause of your ailment is treated and not merely the symptoms that manifest as diseases. As much as Prakriti Shakti is about finding the root cause of the symptom, it is also about preventive cure.

A pioneer in responsible tourism in India and with a credible background spanning over five decades in offering uniquely immersive travel experiences, CGH Earth started its Ayurveda Healthcare 12 years back at its hospitals, Kalari Kovilakom and Kalari Rasayana, and today, at Prakriti Shakti, with its 19 cottages and well-equipped health facilities, offers Naturopathy Healthcare, another system of holistic healing with roots in indigenous wisdom.

At Prakriti Shakti, our treatments are drugless and non-invasive and adhere to the strict tenets of the old school of Naturopathy. We use the traditions of Naturopathic medicine to solve the health problems that the world faces today. For a society inflicted by lifestyle diseases of all kind, treating the causes, not symptoms, and holistic healing are the paths to good health. All our treatments are health promotive & restorative, disease curative & preventive.

All inclusive rates in INR from 1st January 2020 to 31st December 2020

Single: Price per patient on single occupancy **Double:** Price per patient on twin sharing basis

Treatment Duration	Valley View Cottages With Private Balcony		Valley View Cottages With Private Garden		Cottages With Private Balcony Amidst Lush Foliage	
	Single (per patient)	Double (per patient)	Single (per patient)	Double (per patient)	Single (per patient)	Double (per patient)
07 days	1,80,000	1,56,000	1,88,000	1,60,000	1,53,000	1,32,600
14 days	3,25,000	2,81,600	3,39,000	2,88,600	2,76,250	2,39,360
21 days	4,75,000	4,09,900	4,96,000	4,20,400	4,03,750	3,48,415
28 days	6,25,000	5,38,200	6,53,000	5,52,200	5,31,250	4,57,470
35 days	7,75,000	6,66,500	8,10,000	6,84,000	6,58,750	5,66,525
42 days	9,25,000	7,94,800	9,67,000	8,15,800	7,86,250	6,75,580

Please consult with our doctor to finalise treatments specific to your health condition and the duration required.

At Prakriti Shakti, we address the following conditions and diseases. Please consult with our doctor to finalise treatments specific to your health condition and the duration required.

Respiratory diseases - Allergic Rhinitis, Sinusitis, Bronchial Asthma, COPD, Emphysema

Neurological disorders - Headaches and Migraine, Vertigo, Anxiety Neurosis, Depression, Parkinsonism, Dementia and Alzheimer's, Bell's palsy, Multiple Sclerosis, Diabetic Neuropathy

Musculoskeletal and Joint Disorders - Back pain, Carpal Tunnel syndrome, Osteo Arthritis, Calcaneal Spur, Cervical and Lumber Spondylitis

Hormonal and Metabolic Disorders - Diabetes Mellitus (Type-II) (without complications), High cholesterol (Hyper cholesterolaemia), High Uric acid (Hyper uricaemia), Diabetes Mellitus (Type-II) (with complications), Gout, Underweight patient, Obesity, Anorexia Nervosa and other eating disorders, Hypothyroidism, Hyperthyroidism

Cardiovascular Disorders - High Blood Pressure (Hypertension), Hypotension Cardiac diseases, Post angioplasty / Bypass Rehabilitation, Anaemia, Non Healing Ulcers

Gastro-intestinal Disorders- Hyper-acidity, Indigestion, Amoebiasis, Dysentery, Chronic constipation, Gastritis, Appendicitis, Malnutrition, Ulcers, Irritable bowel Syndrome, Colitis

Gynaecological Disorders - Urinary tract infections, Menstrual Disorders, PCOD, Uterine Fibroids, Cysts, Endometriosis

Sleep Disorders - Insomnia, Sleep Apnoea

Allergic & Autoimmune Disorders- Allergies, Rheumatoid Arthritis, Systemic Lupus Erythematosus, Celiac Disease, Psoriasis

Infertility

Post Stroke Rehabilitation

PostSurgical Rehabilitation and De Addiction Programs

Note:

All rates are **inclusive** of taxes, consultations, treatments, yoga, meditation, accommodation and prescribed diet during your stay. Transfers from Cochin International Airport to Prakriti Shakti and back are complimentary. Please be aware that there will be **restrictions** on treatments during menstrual cycle.

Child Policy : We do not treat children below the age of 14 years and hence admission is restricted to only children above 14 years.

Payment & Cancellation

50% **advance payment** must be received 60 days prior (or before the cut-off date mentioned for reservation) for booking confirmation, and the balance payment may be made any time before your arrival at Prakriti Shakti.

- Full refund if cancelled 30 days in advance.
- 50% refund if cancelled 21 days in advance.
- Nil refund if cancelled less than 20 days.

Admission time is 01.00 pm **Discharge** time is 11.00 am

All treatments require the minimum days mentioned, it is best if the patient can arrive at Prakriti Shakti before 2.00 pm.

Consultation & Therapies Timings- 8:30 am to 5:30 pm. First consultation is for 1.5 hours. Therapies will only start after first consultation and the doctor will decide the course of treatment and therapies based on his diagnosis.

Yoga sessions start at 6:30am everyday. Group and Private sessions are based on the doctor's diagnosis.

For enquiries, please contact :-

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